

# What Am I Afraid Of?!

## (recorded in 2013 at GNC)

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### RANDOM QUOTES

- When you worry, which do you worry about, what might happen or what might not happen? Whichever it is, turn it around, to relieve anxiety. Apparently, that's common advice in Scotland. For worriers, the Scots have a proverb: "What may be... may not be."
- Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. –Arthur Somers Roche
- The mass of men lead lives of quiet desperation. –H.D. Thoreau
- How much have cost us the evils... that never happened! –T. Jefferson
- The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety. –George Mueller
- "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history." —Ellen G. White, *Life Sketches*, 196

### BIBLE

1. "Search me, O God ... and know my anxious thoughts." – [Psalm 139:23-24](#) .
2. What about that wicked person that did me wrong? – [Psalm 37:1-5](#)
3. What can I do to cheer up someone weighed down with worry? – [Proverbs 12:25](#)
4. How can I keep from falling due to my anxiety? – [Psalm 55:22](#)
  - a. What kind of righteousness do I need? [Philippians 3:8-10](#)
  - b. How to get that kind of righteousness – [John 1:9](#) b
  - c. "I am overwhelmed with joy..." – [Isaiah 61:10](#)
5. What did Jesus teach about worry/anxiety? – [Matthew 6:25-33](#)
6. So, what is the best way for me to handle anxiety? – [1 Peter 5:6-7](#) & [Philippians 4:6-7](#)
7. Why have I no need to be afraid?

*"The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil, for Christ is his defense. Nothing can touch him except by our Lord's permission and 'all things' that are permitted 'work together for good to them that love God.' [Romans 8:28](#) ."* (Thoughts from the Mount of Blessing 71)

*"All our sufferings and sorrows, all our temptations and trials, all our sadness and griefs, all our persecutions and privations, in short, all things work together for our good. All experiences and circumstances are God's workmen whereby good is brought to us."* ( Ministry of Healing 488)

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Desiring to live by every word that comes from the mouth of Jehovah ( [Deut8:3; Matt4:4](#) )

–[Sid Nash](#): 07/13/2024. Latest version: <http://sidnash.org/docs/Devotionals/AmIAfraid.html>